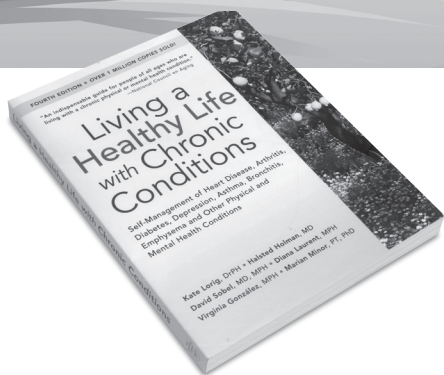


Do you have a chronic health condition that is affecting your life?
Would you like to change your life for the better?

HEALTHIER LIVING

WORKSHOP

A **FREE** PROGRAM
FOR PEOPLE WITH
CHRONIC CONDITIONS



YOU WILL LEARN:

- how to deal with frustration, pain, fatigue, and isolation
- exercise techniques for maintaining and improving strength, flexibility, and endurance; use of medications
- how to communicate with health professionals, family, and friends
- nutrition and healthy lifestyles... and more!

AND YOU WILL RECEIVE:

- A 300-page booklet and relaxation audio tape.



Choosing Health

NORTHEASTERN VERMONT
REGIONAL HOSPITAL

Hospital Drive, St. Johnsbury | More information at 802-748-7395 NVRH.org



UPCOMING SESSIONS!

TUESDAYS, 9:30 a.m. to noon
SEPTEMBER 17 – OCTOBER 22

COMMUNITY CONNECTIONS CLASSROOM
55 SHERMAN DRIVE, ST. JOHNSBURY

TO ENROLL, CALL 802-748-7395 OR MAIL THIS TO:
PAM SMART, NVRH, BOX 905, ST. JOHNSBURY, VT 05819

Registration limited to 18
people, 10 person minimum.

NAME _____

ADDRESS _____

PHONE _____